

メンタルトレーニング研究の課題

大阪教育大学 船越正康

Problem of Mental Training Research in Japan

Masayasu Funakoshi Osaka Kyoiku University

Abstract

In the competitive sports among Japanese, there is a thought of Budo viewing the death and life with a philosophic eye. they have a great concern for the problem of mind and call a view of sports having spiritualism in the background.

In the process of ascetic practices which centers on the Zen, there are some methods by which human being co-operative in mind and body are driven into the boundary of the and death. There, a scientific rationality is divided through the empirical philosophy as well as sport competition which display for mind and body's maximum ability. In addition, relaxation is common to the breath method of Zen and image training run to the skill of meditation that is a basic skill of mental training.

On the other side, the presence of mind and unselfishness free from worldly thoughts that can be called the stage of comprehension in match, correspond to the value of the attitude decide in an extreme situation that Viktor E. Frankl named in the existential analysis.

Though mental training is being attracted Japanese notice in a present sporting world, it will relate to the result in the competitive performance effectively, if paying attention to the finding and the method for mental reinforcement cultivated through the climate in Japan with the absorption of a Western methodology.

In the main discourse, the examination and suggestion were added from following respects concretely.

- 1) Tendency of mental training research in Japan
- 2) Aspect of mental management and mental support
- 3) Question mark of research and practice in current mental training
- 4) Comparing and harmonizing of methodology in mental training among Japan vs. Europe and America
- 5) Success case in competitive sports which adopted a method of Japanese mental support

Key words : mental training, Japanese climate, Western methodology.